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CANADIAN EBOLA VACCINE: HUMAN TESTING BEGINS

VSV-EBOV HAS BEEN PROVEN EFFECTIVE IN PRIMATES PAGE 5

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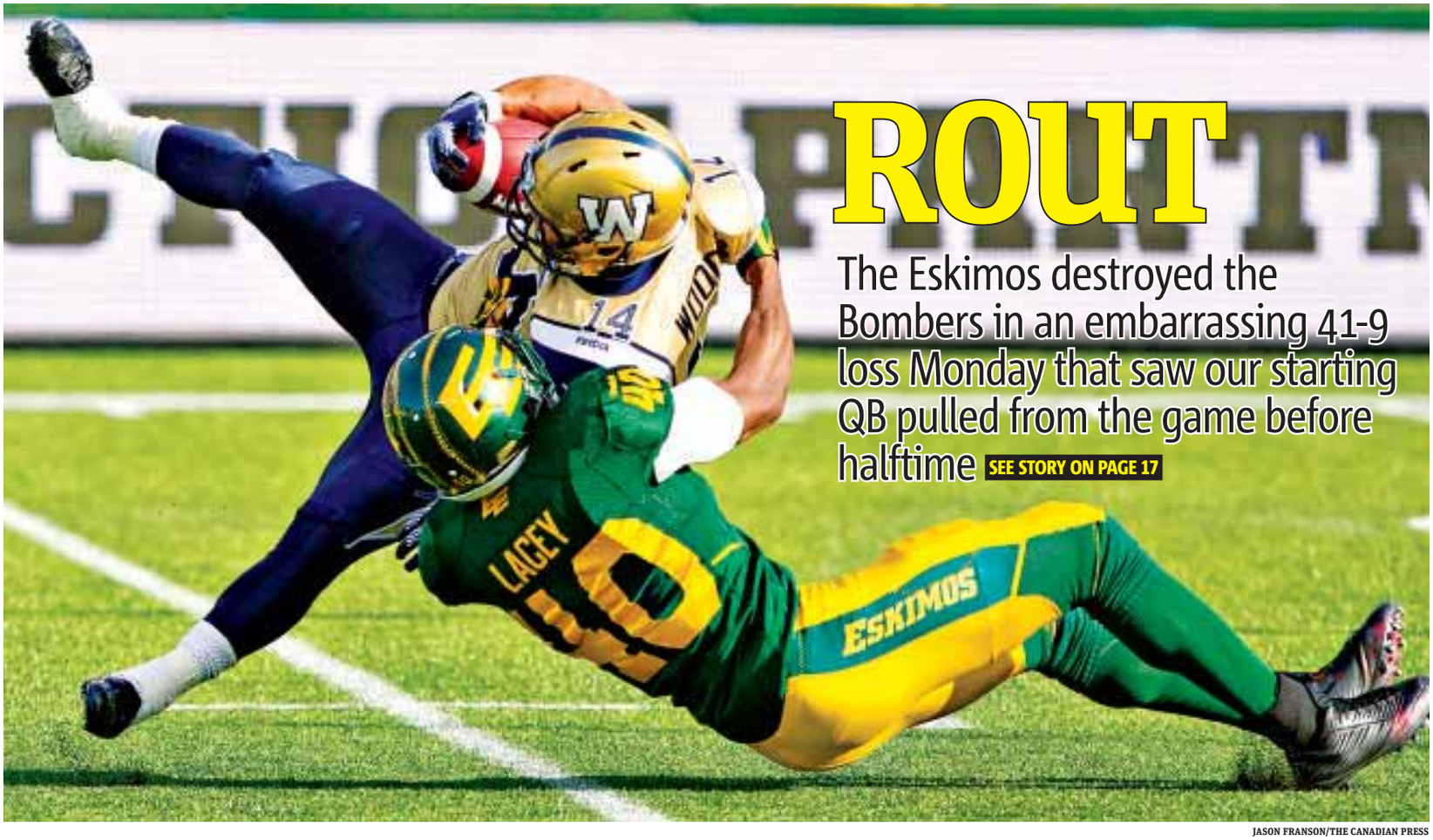

ROUT

The Eskimos destroyed the Bombers in an embarrassing 41-9 loss Monday that saw our starting QB pulled from the game before halftime SEE STORY ON PAGE 17

JASON FRANSON/THE CANADIAN PRESS

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NEWS 1

Bowman aims to attract business to Winnipeg

Where in the world is Brian Bowman?
Extensive tour planned

COLIN FAST
winnipeg@metronews.ca

Brian Bowman might have to open a satellite mayor's office at Richardson International Airport if he's elected later this month.

During an announcement there on Friday, Bowman promised to visit every province in Canada during his first term to sell Winnipeg as a place to do business.

"We needs more jobs, we need more families moving to Winnipeg," he said. "Jobs and the economy should be a key priority for the next mayor."

Bowman said he'd push Economic Development Winnipeg, Centreport Canada and the provincial government to go after new headquarters more aggressively. He also wouldn't rule out offering tax incentives to help lure new business to Winnipeg.

"Right now, quite frankly, we don't see enough focus on business attraction outside of Winnipeg, letting them know that Winnipeg is open for business," he said. By contrast, Bowman said many clients of his legal practice have been lobbied aggressively by governments in Saskatchewan to relocate their business to that province.

"About six months ago, a client was telling me (Premier) Brad Wall was personally calling to get him to move his headquarters and about 80 of his staff to Saskatchewan."

While departing Mayor Sam Katz came to power with a reputation as a promoter, Bowman said Katz didn't do enough to sell the city. He also questioned Judy Wasylycia-Leis's commitment to do the same, noting she promised to hire a business liaison rather than take the role herself.

Brian Bowman could be spending a lot of time at the airport if he's mayor. If elected, Bowman promised to visit every province in Canada during his first term, to sell Winnipeg as a place to do business. COLIN FAST/METRO

Part of his platform

Axing severance packages

Brian Bowman is vowing to get rid of severance packages given to exiting city council members if elected Winnipeg's next mayor.

The severances made headlines last week when it was reported several retiring councillors and outgoing Mayor Sam Katz are in line to receive tens of thousands of dollars in payouts from the city.

"I think many Winnipeggers were surprised to learn that members of council, who are choosing not seek re-election, are receiving some very generous payouts," said Bowman in a release this weekend. "We need to phase that out and commit that money back to infrastructure."

Bowman said the commitment is part of his plans to find cost savings at city hall, which include making reductions and restrictions to councillors' ward budgets and working with city administration, city employees and unions to create a benefit and pension plan for new city employees.

METRO

Ouellette unveils 'Purple Book' of policies

If you have a community project idea that could be financed through a micro-loan or micro-grant, Robert-Falcon Ouellette wants to hear it.

During a news conference at The Forks on Friday, the mayoral candidate released his Purple Book: Policies for Everyone, a collection of all of the policy announcements Ouellette has made during the campaign.

He also launched a Week of Ideas, asking Winnipeggers to send him pitches for community projects.

"I have said many, many times that the key to change is not a few megaprojects, but simply 10,000 little changes that make a city truly great," he said.

"Is there a pilot project in your community that you want to make happen?"

Ouellette does have a criteria for the proposals: They can be an idea for arts, sports, jobs or a better environment, and should be small-scale run by individuals or community groups, with neighbours on board.

He also said if elected, he'll establish a micro-loans and micro-grants program through the mayor's office.

Tabitha Langel of Tall Grass Prairie, who listened to Ouellette's news conference, said she welcomes the idea of micro-financing.

"It isn't always about big money," she said, adding that Tall Grass Prairie first started as a bread co-op and grew from there, thanks to small loans from people.

BERNICE PONTANILLA/METRO

Robert-Falcon Ouellette, left, shares a laugh with Tabitha Langel and Louis Perrot of Tall Grass Prairie on Friday. BERNICE PONTANILLA/METRO

MPI is being questioned over a hiring freeze that critics say won't apply to many of its staff. SHANE GIBSON/METRO

MPI hiring freeze leaves very few out in the cold

Cost-cutting measure. Only 40 per cent of positions frozen, and even those aren't solid

Manitoba Public Insurance is likely to face more questions later this month over a hiring freeze which, it turns out, does not cover most positions at the provincial Crown corporation.

MPI has been under pressure from the Public Utilities Board to look for cost savings as a way to limit increases in driver insurance rates.

Last December, the board cut MPI's request for a 1.8 per cent rate hike for 2014 to 0.9 per cent and ordered the corporation to outline its efforts to control costs and staffing.

When MPI submitted its annual request in June, it asked for a 3.4 per cent increase to take effect in 2015. It also said that "a hiring freeze has been implemented for an indeterminate period of time."

The hiring freeze, however, does not apply to most workers.

"The hiring restraint applies to any staff member who does not fall within the definition of a front-line staffer. This definition is: a staff member who has regular, direct contact with customers or our business partners who directly serve our customers," MPI spokesman Brian Smiley wrote in an email.

"Sixty per cent of MPI staff fall under the definition as front-line."

The other 40 per cent aren't firmly frozen either, but will be "closely reviewed, with managers needing to fully justify why the position needs to be filled," Smiley wrote.

The issue was first raised at a legislature committee hearing last month by Kelvin Goertzen, MPI critic for the Opposition Progressive Conservatives.

The utilities board noted last year that staff levels at MPI had jumped 12 per cent in the previous five years.

THE CANADIAN PRESS

Foot traffic at Portage and Main more trouble than it's worth: Steeves

Pedestrians will not cross Portage and Main any time soon if mayoral candidate Gord Steeves gets his way.

At a news conference held Monday at the iconic corner, Steeves said he'd leave the intersection blocked to foot traffic and vowed to put an end to the debate over whether it should be reopened to pedestrians during his time as mayor.

"I do not believe that our current situation at Portage and Main is that bad and I do believe that the current threat of changing the current setup is destabilizing the corner," said Steeves.

"I'll be open to any idea that concerns the intersection, but not ones that contemplate opening it up to pedestrian traffic."

The promise puts Steeves at odds with fellow candidate Brian Bowman, who supports opening the corner and said earlier in the campaign the move would spur development and help bring more people downtown.

Steeves, on the other hand, said opening the corner to foot traffic would be bad for businesses in the underground mall and would cause traffic headaches for drivers.

"If we did open up this intersection, it's very, very clear, based on the traffic studies, that to service a very small amount of people who would be walking in this intersection, we would be holding up tens of thousands of people and their commute time," he said.

"I think the underground Winnipeg Square system is a very ... positive thing for this corner. I like it, and I think it works." SHANE GIBSON/METRO

Mayoral hopeful Gord Steeves said he would leave Portage and Main closed to pedestrians if elected Winnipeg's next mayor. SHANE GIBSON/METRO

Change of plans

Steeves vows to use BRT cash to synch traffic lights

Rather than expand bus rapid transit, mayoral candidate Gord Steeves said on Friday he'd spend money synchronizing traffic lights to speed up all vehicles.

Steeves promised at least $1 million per year over the next four years to upgrade and synchronize between 50 and 75 intersections lights along regional streets, starting in the downtown.

During the city's last round of traffic-light upgrades between 2006 and 2013, it spent $12 million to synchronize intersections along a dozen major routes and in the downtown.

"The consensus does exist in the (traffic engineering) professional community that there are still many improvements that could be made in the city," Steeves said.

He suggested another way to improve the efficiency of the traffic-light network would be to establish a computerized control centre.

A 2013 report by KPMG indicated a traffic-management centre (allowing real-time changes to light patterns) would cost up to $1.5 million to build and $400,000 per year to operate.

"We also need to commit to the idea that we absolutely will not create new lights along regional streets," Steeves said.

COLIN FAST/FOR METRO

Who's that bringing their Magic Bus to 'Peg?

Iconic English rock band The Who is bringing its 50th anniversary tour to Winnipeg a year from now, on Oct. 8, 2015. Tickets for the show, which takes place at MTS Centre, go on sale at 10 a.m. on Friday. RICK DIAMOND/GETTY IMAGES

Headingley

Trucker sought on warrant in deadly crash

An Edmonton truck driver is being sought by RCMP after he failed to show up in court to face charges of dangerous driving causing death and resisting a police officer.

Derek Bossuyt, 21, was killed on July 22 when a semi allegedly crossed the centre line of the Trans-Canada Highway in Headingley, Man., colliding with Bossuyt's pickup.

Randolf Enns, 34, was scheduled to appear in court in Winnipeg on Oct. 1 but failed to appear.

A Canada-wide warrant for his arrest has been issued. THE CANADIAN PRESS

First Canada Jobs Grant heading to local IT company

National training program. Oxygen Technical Services to receive $37,000 from feds, province

Prime Minister Stephen Harper announced the first grant under the contentious Canada Jobs Grant program is going to a Winnipeg company.

Harper was in the town Friday touting the grant, which will allow Oxygen Technical Services, an IT company for small businesses, to provide training to its 15 employees and hire seven new people.

"It's something we're doing with both levels of government, obviously with the co-operation of institutes like this," Harper said at a photo-op at the Manitoba Institute for Trades and Technology. "Congratulations to this company."

Premier Greg Selinger said Manitoba is proud to be the first recipient of the grant after drawn-out negotiations between Ottawa and the provinces.

Provinces had initially rejected the Conservatives' national training program because it didn't give them enough flexibility. All provinces and territories signed on after they reached a compromise following protracted negotiations with the federal government earlier this year.

"We had several backs-and-forths on that but we got to a place where we've structured it in such a way that it's a win for everybody, particularly people that want good jobs anywhere in Canada," Selinger said.

The federal and provincial governments are giving Oxygen Technical Services $37,000 while the company itself is kicking in $18,000.

Jason Kenney, minister of employment and social development, said the company contribution requirement of the program means businesses have something at stake.

"This is not just a grant or subsidy to businesses," he said following the announcement in Winnipeg. "This is trying to get them to invest more."

THE CANADIAN PRESS

Stephen Harper was in Winnipeg Friday to announce the first grant under the Canada Jobs Grant program.
HANNAH YOON/THE CANADIAN PRESS

North End incident. Boy, 12, among four charged in suspected joyride

A 12-year-old boy is among those charged after police caught four suspects joyriding in a stolen vehicle through the North End over the weekend.

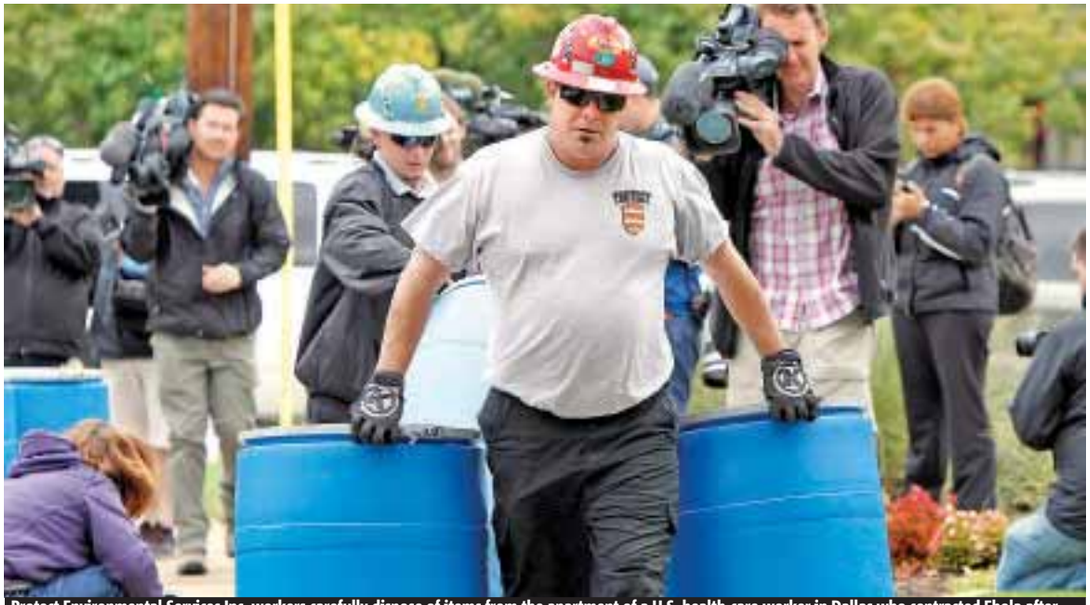
Police say the vehicle was stolen from the St. Vital area sometime overnight on Oct 9.

Patrolling officers noticed the vehicle being driven near Boyd Avenue and Andrews Street around 1:50 a.m. Saturday.

After a brief chase, all four of the vehicle's occupants fled on foot. Several units including the Tactical Support Team and the Canine Unit flooded the area and all suspects were arrested without incident.

A 12-year-old boy, a 20-year-old man and two 15-year-old girls, all from Winnipeg, are each charged with possession of property obtained by crime over $5,000. The 12-year-old is also facing a charge of carrying a concealed weapon.

The 12-year-old and 20-year-old have been detained in custody, and the two teen girls have been released on a promise to appear. METRO



Protect Environmental Services Inc. workers carefully dispose of items from the apartment of a U.S. health-care worker in Dallas who contracted Ebola after treating now-deceased Ebola patient Thomas Eric Duncan, becoming the second person in the U.S. to test positive for the virus. BRANDON WADE/THE ASSOCIATED PRESS

Canadian Ebola vaccine now on to human trials

VSV-EBOV vaccine. Twenty vials have been sent to a U.S. military lab in Maryland for testing on about 40 healthy volunteers

Human testing of an experimental Canadian-made Ebola vaccine began Monday, with federal officials saying the drug could be shipped to West Africa within months if it proves successful.

Health Minister Rona Ambrose said the launch of the vaccine's first clinical trial marks a promising step in the global campaign to contain the virus, which the World Health Organization says has killed more than 4,000 people.

Twenty vials of the vaccine have been sent to the Walter Reed Army Institute of Research in Maryland for testing on about 40 healthy volunteers, she said.

The Phase 1 trial will determine if the vaccine created by Public Health Agency of Canada, known as VSV-EBOV, is safe for human use. It will also determine the proper dosage level and test for possible side effects, Ambrose said.

Studies have shown the vaccine works in primates both to prevent infection when given before exposure and to increase survival chances when given quickly after exposure.

Canada's chief public health officer said results from the human trial are expected by December, and if successful, the next stage would be to test it in a larger human sample, including those directly handling Ebola cases in West Africa.

"The health-care workers on the ground are the most likely target to do the next step," which could begin by the end of the year or early 2015, Dr. Gregory Taylor said in a news conference in Toronto.

A small U.S. company called NewLink Genetics holds the licence for the vaccine and will be arranging the trials at the U.S. military lab.

NewLink said earlier this month that at least five clinical trials involving the vaccine would soon be underway in the United States, Germany, Switzerland and in an unnamed African country which is not battling Ebola.

The Canadian government has also said it wants to conduct a trial in this country.

THE CANADIAN PRESS

Ebola scare in Ontario

Health officials in Ottawa and Belleville announced Monday that two patients were placed in isolation as a precaution because they showed Ebola-like symptoms.

- Ottawa Public Health said the patient in Ottawa Hospital has tested negative for the virus, and isolation is no longer required.
- Results for the patient in Belleville are not available. Officials say the patient was in Sierra Leone recently, but consider it unlikely the symptoms would turn out to be Ebola.

'Good defence strategy'

Ebola education may curb economic disruption: WHO

The World Health Organization called the Ebola outbreak "the most severe, acute health emergency seen in modern times" on Monday, but also said that economic disruptions can be curbed if people are adequately informed

WHO Director-General Margaret Chan said 90 per cent of economic costs of any outbreak "come from irrational and disorganized efforts of the public to avoid infection." Chan said that adequately educating the public was a "good defence strategy" and would allow governments to prevent economic disruptions.

THE ASSOCIATED PRESS

Health workers wearing protective gear wait to carry the body of a person suspected to have died from Ebola on Monday in Monrovia, Liberia.

ABBAS DULLEH/THE ASSOCIATED PRESS

TRANSIT TUESDAY
Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

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Idaho. Man dressed as zombie killed by bus at corn maze paintball event

A bus carrying paintball players struck and killed a Washington state man inside a zombie attraction at a corn maze in northern Idaho, authorities said Saturday.

Jeremy T. McSpadden Jr., 18, of Spokane Valley, Washington, was a role player in the Zombie Slayer Paintball Bus attraction at the Incredible Corn Maze in Hauser on Friday night, the Kootenai County Sheriff's Office said. Dressed as a zombie, he emerged from his hiding place and ran toward the modified school bus, but he tripped and fell in front of the rear passenger-side tires, witnesses reported.

He was run over and apparently killed instantly. Because of the uneven terrain of the corn maze, the bus frequently rocks, and the occupants did not immediately notice what had happened, investigators said.

"It was not until the bus had travelled away from the victim's location and the role players began to reset for the next bus to come along that anyone realized something was wrong," the sheriff's office said in a news release.

The attraction is new this season, according to the corn maze's website. For $15, customers ride the bus, which has paintball guns mounted outside the windows, and shoot at the zombies as the vehicle drives through the corn maze.

The bus was going forward, and neither speed nor alcohol was a factor, Sgt. Ward Crawford said.

"The focus of the attraction is the bus creeps forward so the customers have plenty of opportunity to blast away at the zombies," Crawford said. "This looks like it was just a horrific confluence of events."

A recording on the corn maze's information line Saturday morning said, "We are sad to announce that all of the attractions, including the free drive-in movie, will be cancelled for the remainder of the weekend."

THE ASSOCIATED PRESS

Police shootings

Nearly 20 arrested during Missouri rally

Nearly 20 people were arrested Monday during a large rally in Missouri where protesters have been unremitting since an unarmed 18-year-old black man was fatally shot by a police officer. Clergy members led several hundred people on a march, using a bullhorn to read the names of people killed by police across the U.S., marking the third straight day of recent protests in the St. Louis suburb where Michael Brown was fatally shot Aug. 9 by a white police officer.

Tensions escalated last week when a white police officer in St. Louis shot and killed 18-year-old Vonderrit Myers Jr., who police say shot at police before he was killed. Police say about 13 people were arrested at police headquarters on charges of peace disturbance. Six others were arrested for failing to disperse after blocking a street.

THE ASSOCIATED PRESS

Oscar Pistorius is seen in court Monday. Pistorius faces sentencing this week in a South African court after being convicted of culpable homicide for killing girlfriend Reeva Steenkamp. MARCO LONGARI/THE ASSOCIATED PRESS

Psychologist calls Pistorius 'a broken man'

Judge ponders sentence. Hearing to last several days

Quoted

"Some of the sessions were just him weeping and crying and me holding him."

Dr. Lore Hartzenberg, a psychologist who counsels Pistorius

Oscar Pistorius is a "broken man" after killing girlfriend Reeva Steenkamp, and has already suffered emotionally and financially, a psychologist called by the Olympic runner's lawyers testified Monday ahead of his sentencing.

Dr. Lore Hartzenberg gave the testimony ahead of Pistorius' sentencing for culpable homicide, and it was almost immediately characterized by the chief prosecutor as lacking balance. Prosecutor Gerrie Nel also expressed shock after a defence witness suggested Pistorius be sentenced to occasional house arrest and community service for shooting dead his girlfriend.

After Hartzenberg described how Pistorius had suffered since the Valentine's Day killing last year, Nel noted that the double-amputee athlete likely still has the chance to rebuild his life and possibly continue his career, whereas Reeva Steenkamp is dead and her family is devastated.

"We are now dealing with a broken man, but he is still alive," the prosecutor said. He asked the psychologist what she knew about Steenkamp.

"Do you know anything about her dreams, what she wanted to do in life?" Nel said.

Later, a social worker from South Africa's correctional services department, who was also called to testify by defence lawyers, suggested Pistorius should serve a three-year correctional supervision sentence for negligently shooting Steenkamp. That would include periods of house arrest but no prison time, and allow Pistorius to train and attend athletics meets again.

Nel said that suggested sentence was "shockingly inappropriate" and described it as "no sentence."

Judge Thokozile Masipa was hearing evidence on the first day of Pistorius' sentencing hearing, which is expected to last several days. After listening to testimony from witnesses called by both the defence and prosecution, Masipa will decide on Pistorius' sentence.

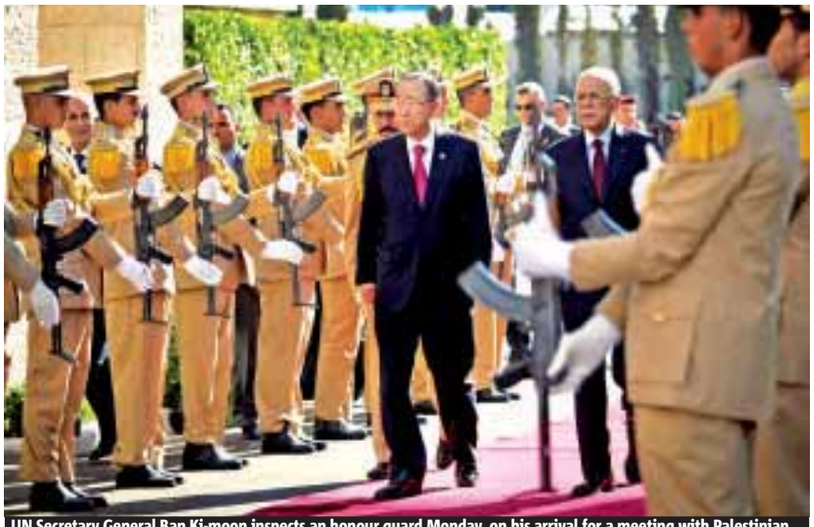
It can range from a suspended jail sentence and a fine to as many as 15 years in prison. Masipa last month found Pistorius, 27, guilty of culpable homicide but not guilty of both premeditated murder and murder in his killing of Steenkamp at his home.

Hartzenberg, a psychologist who counsels Pistorius, said the athlete had lost the woman he loved, his reputation, friends, his income and sense of self-worth after what he said was an accidental killing — and was suffering from post-traumatic stress disorder. Pistorius sometimes cried, retched, perspired and paced up and down during sessions in which she tried to assist him, Hartzenberg said.

THE ASSOCIATED PRESS

Steenkamp

Reeva Steenkamp was a 29-year-old model and budding reality TV star.



UN Secretary General Ban Ki-moon inspects an honour guard Monday, on his arrival for a meeting with Palestinian Prime Minister Rami al-Hamdallah in the West Bank city of Ramallah. NASSER NASSER/THE ASSOCIATED PRESS

UN chief slams Israel expansion

Settlement building. Ban Ki-moon urges Netanyahu to halt plan for 2,500 homes in East Jerusalem

UN Secretary General Ban Ki-moon chastised Israeli Prime Minister Benjamin Netanyahu on Monday over the issue of Jewish settlements and challenged him to show "leadership" and make compromises for peace.

The uncharacteristically harsh language by Ban came during a visit to Jerusalem, where the UN chief denounced Israel's latest construction move as a "clear violation of international law."

Ban was referring to an announcement by the Jerusalem municipality two weeks ago, which said it had approved plans for the construction of some 2,500 homes in Givat Hamatos.

The construction would complete a band of Jewish housing in east Jerusalem and present another obstacle to the Palestinian goal of establishing a capital in the area, which was captured by Israel in the 1967 Mideast war.

"This does not send the right signals, and I urge the government of Israel to reverse these activities," Ban said, standing next to Netanyahu. "The status quo is not tenable. It is clear the sides must return to the negotiation table with the readiness to make the tough but necessary compromises."

Then, turning to his host, Ban added: "This is the time for leadership, Mr. Prime Minister, for the resumption of talks, for an end to polarization. There is not a moment to lose."

Peace talks between Israel and the Palestinians broke down in April and violence followed, reaching its climax in the bloody 50-day war this summer between Israel and Gaza's militant Islamic Hamas rulers.

Ban's call for the resumption of talks comes as Palestinian President Mahmoud Abbas is preparing to ask the UN Security Council to set a November 2016 deadline for Israel to withdraw from Palestinian lands occupied in 1967, including east Jerusalem.

If the UN bid fails, Abbas has signalled he would pursue war crimes charges against Israel.

THE ASSOCIATED PRESS

Police face demonstrators

Clashes at holy site

Palestinian demonstrators clashed with Israeli police at a sensitive holy site in Jerusalem on Wednesday, leaving three officers slightly injured, a police spokeswoman said.

The clashes erupted after several dozen masked Palestinians began throwing rocks, firecrackers and other pyrotechnical devices at police when the site — known to Jews as the Temple Mount and to Muslims as the Noble Sanctuary — opened for prayers on Wednesday morning, said spokeswoman Luba Samri.

A Palestinian woman protects herself from tear gas on Monday, during clashes in the Old City in Jerusalem. THE ASSOCIATED PRESS

There was no immediate information on whether any Palestinian protesters were hurt.

Police chased the demonstrators toward the Al-Aqsa mosque, where they barricaded themselves inside and continued hurling objects in the direction of the police, said Samri.

The site is the holiest in Judaism and the third-holiest in Islam, and is a frequent flashpoint for demonstrations.

THE ASSOCIATED PRESS

International pledges of $2.7B. Tough road ahead for Gaza reconstruction

Pledges of $2.7 billion for reconstructing the Gaza Strip may seem impressive, but huge challenges lie ahead as the Palestinian government had asked for more and its prime minister questioned Monday whether all of the money would actually arrive.

The rebuilding of thousands of homes, shops and factories destroyed in the Israel-Hamas war this summer also will require co-operation between longtime adversaries and an intricate monitoring system, either of which could break down at any point.

Israel will have to lift its border restrictions, in place since the Hamas takeover of Gaza in 2007, and allow huge quantities of cement and steel into the territory. By some estimates, Israel will have to let in more than 20 times what it permitted before the war if Gaza's housing needs are to be met within five years.

On the Gaza side, United Nations inspectors and a Palestinian unity government trying to take over from Hamas will have to ensure that the shipments are not diverted by the Islamic militant group for military use, such as anti-Israel attack tunnels it built in the past.

At a conference Sunday in Cairo, donors pledged $5.4 billion, half of that for Gaza and the rest in budget support for the cash-strapped Palestinian government, to be paid through 2017. The Palestinian Authority had asked for $8.5 billion, including $4 billion for Gaza and $4.5 billion to help cover its chronic budget deficit.

THE ASSOCIATED PRESS

Making good on promises

"In 2009, most of the pledged money did not come. We hope that this time is different."

Palestinian Prime Minister Rami al-Hamdallah, noting that only a small fraction of pledged money after the Israel-Hamas war in 2009 was sent.

Hong Kong

Protesters clash with angry crowd over road blocks

A mob of masked men opposed to Hong Kong's pro-democracy demonstrators led an apparently co-ordinated assault on the protest zone in the heart of the city's financial district Monday, tearing down barricades and clashing with police.

The chaotic scenes came after police carried out a dawn operation to reopen some key roads blocked by protesters for more than 15 days. Police said they will continue to chip away at the occupied zone to relieve traffic, and warned that anyone who challenges them could be arrested.

Monday's confrontations highlighted the growing tension between student-led protesters and authorities — as well as other residents aggravated by the disruptions — as the political crisis entered a third week.

THE ASSOCIATED PRESS

Birth control pill linked to fish infertility

Study. Researcher says 'feminizing' problem can be reversed with better waste-water treatment in Canada

The lead researcher of a new study is calling for improvements to some of Canada's waste-water treatment facilities after finding that introducing the birth control pill in waterways created a chain reaction in a lake ecosystem that nearly wiped out a freshwater fish.

The study, published Monday, found that introducing small amounts of estrogen into a lake led to the near extinction of the fathead minnow because it interfered with the fish's ability to reproduce.

Lead researcher Karen Kidd of the University of New Brunswick said the study has been ongoing since the late 1990s, when researchers in the United Kingdom discovered that male fish began to develop eggs when estrogen was introduced in their habitat.

Kidd said their study set out to build on that research to determine whether the estrogen would effect the fathead minnow's ability to reproduce and whether there were larger effects on the lake's ecosystem.

"Right away, the male fish started to respond to the estrogen exposure by producing egg yolk proteins and shortly after that they started to develop eggs," she said in an interview from Saint John, N.B. "They were being feminized."

Kidd said shortly after introducing the estrogen, the numbers of fathead minnow crashed, reducing numbers to one per cent of the population.

"It was really unexpected that they would react so quickly and so dramatically," she said, adding: "It's a problem that we can certainly resolve with better waste-water treatment."

THE CANADIAN PRESS

A researcher is calling for improvements to some of Canada's waste-water treatment facilities after finding that introducing the birth control pill in waterways nearly wiped out a freshwater fish. ISTOCK

School opens in Haiti to honour Mountie who died in 2010

Carpenter Mario Celestin, centre, shows students a machine in the carpentry room during the opening of the Sgt. Mark Gallagher Memorial Vocational School on the outskirts of Port-au-Prince, Haiti, on Monday. Sgt. Mark Gallagher, a well-known spokesman for the RCMP in the Maritimes, was killed almost five years ago in the devastating 2010 earthquake while he was on an educational mission in the Caribbean country. DIEU NALIO CHERY/THE CANADIAN PRESS

Animal rights group calls for changes after uncovering pigs' 'journey to hell'

An animal rights group is urging the federal government to update regulations on animal transport after releasing a video that alleges abuse at a hog facility in Red Deer, Alta.

Mercy for Animals sent an undercover investigator to the Western Hog Exchange facility for 10 weeks from May to August of this year.

The investigator captured video of the pigs being kicked and struck with what appears to be a club, but Mercy for Animals' executive director Krista Osborne said the video is "merely a glimpse" of the abuse and cruelty animals are subjected to during transportation.

"These animals are truly on a journey to hell," she said during a press conference on Monday, adding that current Canadian regulations allow for animals to be trucked thousands of kilometres for up to 52 hours without food, rest or water. "Their journey is filled with fear, pain and distress."

The video also shows pigs stuffed in overcrowded corals and several injured animals limping around.

Osborne said that every year, more than eight million animals arrive at slaughterhouses either dead or too sick or injured to be fit for human consumption. She said pigs sometimes arrive at their destination frozen to the truck.

"They suffer agonizing deaths from dehydration, starvation, suffocation and severe injuries due to overcrowding," Osborne said.

Alberta's Society for the Prevention of Cruelty to Animals is looking into the allegations and the facility has also launched an independent investigation.

Mercy for Animals want to see stricter limits on transportation times, better conditions for animals in transit and clearer definitions on what it means for an animal to be not fit for transport.

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Alaska. Gay couples apply for marriage licences as federal judge revokes ban

Several gay couples lined up early on Monday in Alaska to apply for marriage licences after a federal judge struck down the state's ban on same-sex unions on Sunday.

Matthew Hamby, the lead plaintiff in the case to make gay marriage legal in Alaska, was among the first to arrive to get his licence in the city of Anchorage and spent most of the morning helping others. He got to his application only after the steady stream of couples began to dwindle.

Alaska has a three-day waiting period between applications and marriage ceremonies, meaning the first unions could come Thursday.

The far-flung conservative state has became the latest to see its ban struck down in a flurry of legal rulings that have drastically changed the landscape for same-sex marriage across America.

Five gay couples brought the Alaska lawsuit in May, seeking to overturn a constitutional amendment approved by voters in 1998 that defined marriage as being between one man and one woman. THE ASSOCIATED PRESS

Lost and found

Pet parrot returned after four years

A pet African grey parrot that spoke with a British accent when it disappeared from its home four years ago has been reunited with its owner — and the bird now speaks Spanish.

A woman found Nigel outside her home and brought him to Southern California veterinarian Teresa Micco, who has been running ads for her own missing bird for nine months. Micco tracked Nigel's microchip to Darren Chick of Great Britain. THE ASSOCIATED PRESS

Kim Jong Un shows up after disappearing for five weeks

North Korean leader Kim Jong Un, seen in this July 2013 photo, reappeared on Tuesday after not being seen in public for five weeks. THE ASSOCIATED PRESS

It's official. North Korea's state news agency makes no mention of the leader's health, detailing only his comments

North Korean Leader Kim Jong Un made his first public appearance in five weeks on Tuesday, the official news agency reported, ending a prolonged absence that fuelled speculation about his health and control over the country.

Korean Central News Agency said Kim "gave field guidance" on Tuesday at the newly built Wisong Scientists Residential District. The agency said earlier in the day, Kim "visited the newly built Natural Energy Institute of the State Academy of Sciences."

Kim had last been seen in the state media five weeks ago at a Sept. 3 concert, and missed several high-profile events that he normally attends. An official documentary released last month made a single reference to Kim's "discomfort" and showed video footage from August of him overweight and limping.

Many analysts believe that while Kim may have some health issues, he's probably not in serious trouble. THE ASSOCIATED PRESS

Reasons for absence?

Kim Jong Un has been reported variously to be suffering from gout, from diabetes, from a brain hemorrhage, from a heart ailment, from a leg injury that required surgery from a French doctor, from mental illness or, according to a head-turning British report, from a cheese addiction.

Mentoring him could be the start of something big
- like safer schools

start something with a donation of time or money at bigbrothersbigsisters.ca

Big Brothers Big Sisters.ca

Teacher jailed in Jakarta hopes 'nightmare' will come to an end

Neil Bantleman. Former Calgary educator 'humbled' by support received so far

JEREMY NOLAIS
Metro in Calgary

He's been locked away for more than three months, sharing a tiny cell with up to eight men at a time.

By day, he reads, draws, meditates and practises his Bahasa, the official language of Indonesia.

The food provided is of terrible quality, the bath and toilet aren't private and the security measures are seemingly inadequate.

But still, Neil Bantleman remains confident that his name will be cleared and that he will be free to return home to his wife, Tracy.

"All things considered I'm OK," he said during a Metro message interview arranged with the former Calgary private school teacher from his cell in the Indonesian capital of Jakarta. "(I'm) being hopeful, staying positive and praying that this nightmare will end soon."

"(The) worst part is being away from Tracy and having your freedom taken away," he added. "I miss my colleagues and the students and the sense of being part of the school community."

Bantleman and a fellow teacher from the Jakarta International School, Ferdinand Tijong, were arrested July 14 amid allegations of sexual abuse involving kindergarten students.

The pair have been detained since but claim not a single shred of evidence has been presented to justify police suspicions.

Outside the jail, hundreds have rallied around the two, holding candlelight vigils and writing letters to Canada's foreign affairs officials, calling for action to secure their release.

Freedom lost

"The worst part is being away from Tracy and having your freedom taken away. I miss my colleagues and the students and the sense of being part of a the school community."

Neil Bantleman, former Calgary private school teacher, discusses the worst parts of his imprisonment in Jakarta.

Neil Bantleman, left, wife Tracy as well as Ferdinand Tijong and wife Sisca are seen during a visit last week to the jail where the two men have been held since July. IMAGE COURTESY TRACY BANTLEMAN

Indonesian law allows a suspect to be held for 120 days without a criminal file being taken on by a prosecutor. Over the weekend, Bantleman's time behind bars eclipsed the 90-day mark. But in his messages, Bantleman gave no indication that he was bitter, stating he simply wanted to be set free.

"I am humbled and deeply appreciative of all the support I have received," said Bantleman, who previously taught for a decade at Calgary's Webber Academy.

"The community of support is overwhelming … a loving family, friends from far and wide and complete strangers who have offered their support and prayer continues to give me the strength to carry on."

Gay Alaskan couples file for marriage licences

Several gay couples lined up early on Monday in Alaska to apply for marriage licences after a federal judge struck down the state's ban on same-sex unions.

Matthew Hamby, the lead plaintiff in the case to make gay marriage legal in Alaska, was among the first to arrive to get his licence in the city of Anchorage and spent most of the morning helping others. He got to his application only after the steady stream of couples began to dwindle.

With the judge's decision Sunday, the far-flung conservative state became the latest U.S. state to see its ban struck down in a flurry of legal rulings that have drastically changed the landscape for same-sex marriage across the United States.

Gov. Sean Parnell has promised an appeal to get the ban reinstated, and lawyers for the state are looking for weaknesses in the ruling. But the state's chances of winning an appeal to the 9th Circuit Court of Appeals were slim since it already ruled last week against gay marriage bans in Idaho and Nevada.

The developments in Alaska came one week since the U.S. Supreme Court declined to hear appeals from several states seeking to retain their bans on same-sex marriage. The Oct. 6 move effectively legalized gay marriage in about 30 states and triggered a flurry of rulings and confusion in lower courts across the nation, including the Alaska decision.

Cateflyn Schnell (left) and Terry Holloway kiss before filling out a marriage licence application on Monday. MARK THIESSEN/THE ASSOCIATED PRESS

Alaska has a three-day waiting period between applications and marriage ceremonies, meaning the first unions could come Thursday.

Hamby called the governor's plans "ridiculous and futile." He said restoring the ban would harm same-sex couples by depriving them of equal protection under the law, a position U.S. District Court Judge Timothy Burgess agreed with in his ruling Sunday.

"Refusing the rights and responsibilities afforded by legal marriage sends the public a government-sponsored message that same-sex couples and their familial relationships do not warrant the status, benefits and dignity given to couples of the opposite sex," Burgess wrote in overturning the ban.

Five gay couples brought the Alaska lawsuit in May, seeking to overturn a constitutional amendment approved by voters in 1998. The Alaska amendment defined marriage as being between one man and one woman. THE ASSOCIATED PRESS

Vatican

Church's report a 'seismic shift'

Gay rights groups hailed a "seismic shift" by the Catholic Church toward gays on Monday after bishops said in a report that homosexuals had gifts to offer the church and that their partnerships, while morally problematic, provided homosexuals with "precious" support.

The tone of the report was one of almost-revolutionary acceptance rather than condemnation, and it will guide discussions until a final document is issued Saturday. THE ASSOCIATED PRESS

On return from exile

Madagascar's ex-president arrested

Madagascar's former president has been arrested just hours after returning from five years in exile.

Marc Ravalomanana was arrested at his home by scores of heavily armed government forces when he returned to the country after staying in South Africa, said a public relations statement on behalf of his son on Monday.

THE ASSOCIATED PRESS

Border services. Agency considered federal prisons for immigrant detainees

Canada's border agency pursued the idea of putting immigrant detainees in federal prison despite concerns about locking up newcomers with violent offenders.

Canada Border Services Agency president Luc Portelance raised the possibility with the federal Correctional Service because the border agency feared running out of space to hold people, newly disclosed documents show.

The proposal provides an inside glimpse of a federal organization straining to find accommodation for the immigrants it puts behind bars as the government was bolstering its powers to detain more newcomers.

In a letter to Correctional Service commissioner Don Head, Portelance noted the border agency was assessing options for "increasing its capacity."

The border agency holds people who are considered a flight risk or a danger to the public, and those whose identities cannot be confirmed.

It has also become easier to detain newcomers. Federal changes to the Immigration and Refugee Protection Act allow officials to hold people 16 or older who enter Canada as part of an "irregular arrival," a group whose origins are unclear or a case where criminal human smuggling is suspected.

The border agency is also examining increased use of electronic ankle bracelets and telephone reporting systems to track immigrants it considers a risk. THE CANADIAN PRESS

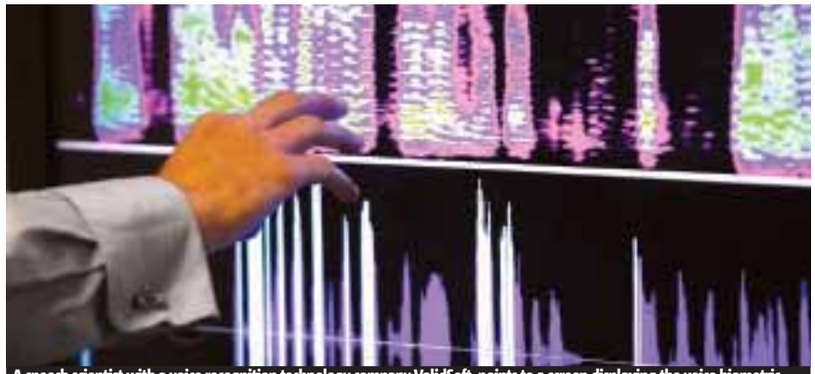
Provincial facilities used

An internal border agency memo says it already relies on provincial facilities in some cases.

- **Cutting back.** Some provinces have said they wish to cease holding detainees long term, or limit how many individuals can be held.
- **Discussions needed.** The memo says the federal government's "legislative agenda concerning immigration matters and the potential for an increase in the daily detained population" make these discussions necessary.

Get ready to speak up, folks: Voiceprints go mainstream

Voice biometrics.
The technology is set to become the 'de facto standard' by 2017


A speech scientist with a voice recognition technology company ValidSoft, points to a screen displaying the voice biometric features of a telephone call during a demonstration at the company's office in central London in September. THE ASSOCIATED PRESS

Over the telephone, in jail and online, a new digital bounty is being harvested: the human voice.

Businesses and governments around the world increasingly are turning to voice biometrics, or voiceprints, to pay pensions, collect taxes, track criminals and replace passwords.

"We sometimes call it the invisible biometric," said Mike Goldgof, an executive at Madrid-based AGNITiO, one of about 10 leading companies in the field.

Those companies have helped enter more than 65 million voiceprints into corporate and government databases, according to Associated Press interviews with dozens of industry representatives and records requests in the United States, Europe and elsewhere.

"There's a misconception that the technology we have today is only in the domain of the intelligence services, or the domain of Star Trek," said Paul Burmester, of London-based ValidSoft, a voice biometric vendor. "The technology is here today, well-proven and commonly available."

And in high demand.

Dan Miller, an analyst with Opus Research in San Francisco, estimates that the industry's revenue will roughly double from just under $400 million US last year to between $730 million and $900 million next year.

Barclays PLC recently experimented with voiceprinting as an identification for its wealthiest clients. It was so successful that Barclays is rolling it out to the rest of its 12 million retail banking customers.

"The general feeling is that voice biometrics will be the de facto standard in the next two or three years," said Iain Hanlon, a Barclays executive.

Vendors say the timbre of a person's voice is unique in a way similar to the loops and whorls at the tips of someone's fingers.

Their technology measures the characteristics of a person's speech as air is expelled from the lungs, across the vocal folds of the larynx, up the pharynx, over the tongue, and out through the lips, nose, and teeth. Typical speaker recognition software compares those characteristics with data held on a server. If two voiceprints are similar enough, the system declares them a match.

THE ASSOCIATED PRESS

In Canada and beyond

TD Bank is now using voiceprints

Canada's TD Bank Group, the National Australia Bank Ltd. and the Bank of New Zealand are among the businesses allowing customers to sign into their accounts or skip call centre security questions by supplying a voiceprint.

California-based VoiceVault gives consumers the option of attaching "vocal signatures" to documents by speaking into the receiver following a telephone prompt.

Israeli company FST Biometrics is using voice biometrics to secure everything from apartment complexes to airports.

Georgia-based AnyTrax uses the technology to monitor low-risk offenders on parole. The automated calls to an offender's home landline prompts the person being monitored to repeat a random set of numbers into the phone.

THE ASSOCIATED PRESS

Liquor ad laws

A whisky fair by any other name will taste as sweet?

It's a whisky trade fair. But it can't say it is.

Authorities in Finland have ordered the Beer and Whisky Expo Finland 2014 to change its name, arguing it violates Finland's law against advertising liquor. The event will now be called simply a beer expo, since advertising mild alcoholic beverages, such as beer, is allowed. THE ASSOCIATED PRESS

Beijing

$3.3B, 300-acre Universal theme park set for China

China has approved the development of a $3.3-billion US Universal theme park in Beijing that would be the first major foreign-owned theme park in the Chinese capital.

The U.S. company Comcast NBCUniversal and a group of four Chinese state-owned companies said the park will be developed on about 300 acres in Beijing.

THE ASSOCIATED PRESS

Extortion? Restaurateurs say Yelp ratings cooked up based on advertising buys

First the chefs of a small Italian restaurant got mad at online review site Yelp. Instead of trying to get better reviews, they decided to take a different approach: get terrible ones.

The campaign helped Botto Bistro get a rating of one out of five stars, as more than 1,000 reviewers left hundreds of tongue-in-cheek reviews panning the Richmond, Calif., eatery, said chef Michele Massimo, adding that it boosted business.

It was the latest protest among businesses who for years have complained that Yelp was extorting them by raising or dropping ratings depending on whether they advertised with the Internet's most popular review site.

Yelp has persistently denied those claims on its website, in court and at every opportunity when the question is put publicly to the company.

"It wouldn't pass the straight-face test," Yelp spokesman Vince Sullitto said of the extortion claims.

Sullitto said Yelp attracts millions of viewers and sells advertising to 80,000 businesses because of the site's credibility with consumers. Sullitto said many of the company's critics are businesses that have received bad reviews.

THE ASSOCIATED PRESS

Chef Michele Massimo prepares a salad in the kitchen of his restaurant Botto Bistro Wednesday. BEN MARGOT/THE ASSOCIATED PRESS

NEW RICH KID 'REALITY' SHOW IS ANYTHING BUT

SHE SAYS

Jessica Napier
metronews.ca

First came the Real Housewives; now come the wealthy daughters.

Television audiences seem to have an insatiable appetite when it comes to voyeuristic faux-reality shows about the lifestyles of the rich and desperate-to-be-famous. In Vancouver, local television producer Kevin Li is set to launch a new web-based reality series focused on the city's affluent Chinese-Canadian population. The name says it all, really: Ultra Rich Asian Girls of Vancouver.

This "reality" show (which certainly requires the use of air quotes around the word reality) claims to offer a glimpse into the excessive lives of some of the city's wealthiest residents. The YouTube promo features two minutes of beautiful young women preening themselves and gossiping to the camera about important issues such as plastic surgery and the unforgivable faux pas of bringing the wrong designer handbag to a front-row seat at a fashion show. The actual plot of the show is still a bit of a mystery, but rumour has it the stars will "compete in various shopping and lounging activities." I hate every part of this concept, but will likely watch out of morbid curiosity. The series is produced by HBIC.tv, which is an acronym that I'll assume refers to the Internet-famous phrase Hot Bitch In Charge. What these women are actually "in charge" of remains to be seen. Surely not their own bank accounts, which are likely controlled by their affluent parents.

And large numbers of ultra-rich immigrants moving to Vancouver could actually be a very interesting cultural phenomenon to focus the lens on, but you'd never know it from this show.

For years, Canada's controversial Immigrant Investor Programme (IIP) attracted an influx of foreign investors to the city, the vast majority from mainland China. The so-called cash-for-citizenship program was scrapped earlier this year, but the impact on the local economy could be long-lasting. Wealthy migrants have injected money into the local economy, but they've also helped drive up housing prices in the Lower Mainland region and made the area one of the most expensive real estate markets in the country, according to a recent Report on Business article entitled Vancouver's real estate boom: The rising price of "heaven." Vancouver is now the second-least affordable city in the world, according to a 2014 report from U.S. think tank Demographia, which some say is directly linked to the influx of wealthy immigrants. But you'd never glean that from watching highly fabricated shows such as Real Housewives and Ultra Rich Asian Girls, which focus instead on product placement for luxury wristwatches and inciting petty drama between the stars.

The upcoming web series has yet to debut, but will likely fizzle out. After all, how many hours can anyone spend watching young women flaunt their family money and cry over bad hair extensions? While it might be a fun escape to watch spoiled pretty young things burn through their fortunes, for most us, this is the furthest you could possibly get from reality.

Metro Bitstrips caption contest

Today's winner: Shannon McParlane

Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here . Check out today's runners-up by scanning the cartoon with your Metro News app.

MetroTube

You'll never believe what happens next in this video about something or other

ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen, we know the whole "the less we tell you about it, the better" is a hackneyed way to introduce things — but it's the only proper way for this video. Here are the basics, though: It's an 11-second display of highly honed marksmanship. Maybe.(YouTube/ umair kahn)

ISTOCK

Twitter

@metropicks asked: A family abandoned its new home after finding out it was infested with thousands of venomous spiders. What's the worst surprise you ever found in a purchase?

@speirsr: Purchased a home, found a momentary sense of self-worth, and... rodents aka FREE pets! Yay!!!

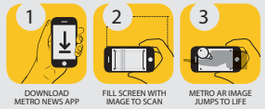
@AbeOudshoorn: The drop ceiling in our basement being full of used needles and other drug paraphernalia was...unfortunate.

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 13 in Scene, page 16 in Life and page 17 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.



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Game's up! It's not just play

Avatar Secrets.
A video game may be an unlikely place to uncover who you are, but that is where interactive producer Ramona Pringle began to change her life

Moving back to Toronto from New York to care for her ailing mother, and breaking up with her boyfriend, Pringle discovered the world of MMOGs (massively multiplayer online games). She created her own avatar, Tristanova, and through her online play made discoveries about the real world. With Avatar Secrets, a 10-episode documentary commissioned by TVO, Pringle tells her story, examining the online and real worlds and what she learned in both about love, life and relationships.

Over the next 10 days, we will be posting a daily chapter from Avatar Secrets online at metronews.ca/avatarsecrets. To get things started, we asked celebrated Canadian author Douglas Coupland to virtually interview Ramona about the project.

Obviously people are going to wonder how much of this is your own life. Which parts are the most — and which parts are the least — like your own life?
It's an interesting question. One of the big themes I was exploring is: what is real in our increasingly digitized, virtual, networked lives?

There are some moments from my experience in the game that are particularly poignant for me. When I signed up to play the game, I chose to be a healer, because I'm not interested in violent video games ... but for my first quest in the game, I had to hunt, and it was shocking to me how visceral the experience was.

The animation's terrific. Is that you?
It's me! We have this small amazing team that I think more closely resembles a band than a standard animation pipeline. Everyone is working in unison, and there isn't a single frame that everyone from our team hasn't influenced. ... My mom, Michaele Jordana, who is in the story, is also the project's creative director and brought to Avatar Secrets a wealth of experience as a fine artist, and a commitment to infusing this project with wonder. Olney, the animator, is one of my very best friends, and is also in the story. Mike, the illustrator, is in one of the scenes if you look closely!

Developing any app is usually very expensive. Did you have to overcome financial obstacles in the making of the project?
We are very fortunate to have support from a number of sources including TVO, our broadcast partner, and Ryerson University, where I am a professor. For the creative team, this was a labour of love. From the beginning, everyone got involved because it was more than just a job: the story is timely, the issues are relevant to our lives, and the whole team really believes in innovation and pushing the boundaries.

Games! Which ones do you play and which ones have a soft spot in your heart?
Avatar Secrets is based on my experience as a "noob" — an uninitiated player — in World of Warcraft. But the truth is...as much as I was playing to win, I was there as an explorer, a virtual tourist, a researcher.

I have tons of games on my phone and I still love classic board games and card games. Games — or rather play — have a new relevance and centrality to culture that they haven't had in the past.

Your project looks like it could be very addictive. Where do you see it going in the future, a few years down the line, say?
Avatar Secrets has been designed with layers of content ... there are multiple entry points. One person might choose to engage with the project chapter by chapter and explore all of the content. Another might choose to view the whole project in "movie mode," and then return to the experience and dig into the expert interviews and commentary.

As for what's next ... We are premiering in Canada, and will be launching in the U.S. and internationally. We're launching as an interactive documentary for the iPad, but we have plans to version the project for other platforms — from Android to television.

metro AR Ramona Pringle explores what online play taught her about the real world in the 10-part documentary Avatar Secrets. Scan this image with your Metro News app for a video of Pringle talking more about the series and why she hopes you enjoy it. CONTRIBUTED

Episode One: Change

metro AR

Hesitant at first about what she is getting into, Ramona creates her avatar, Tristanova — a healer — and soon discovers Avatar Secret number one. "The divide that we draw between the virtual and the real is illusory," says Jessica Hammer, a researcher at Columbia University. Scan this photo for a video of Hammer talking about digital games and why they seem strange to us.

COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Watch the series

Visit metronews.ca/avatarsecrets over the next few days as we post daily chapters from Avatar Secrets.

- **Collector cards.** You can also download 10 collector cards from the series.

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Gwyneth Paltrow ALL PHOTOS: GETTY IMAGES

Paltrow prickly over presidential party planning

In L.A., the telltale sign of a President Obama fundraising visit has always been Roland Emmerich movie-level terrible traffic, but now we have another one: Gwyneth Paltrow smoking. The Goop guru hosted a DNC fundraiser at her Brentwood home last week, and apparently "was extremely unpleasant all day," a miffed staffer tells Radar Online. "She kept saying that she was pissed off because everything was running behind schedule. At around 10 a.m., she started drinking wine and she was smoking cigarettes all day," the — just guessing here — former catering employee says, adding that any Paltrow run-ins only happened early in the day, before staff were instructed to steer clear. "She was walking around on her phone and talking really loud to friends, letting everyone know that the president was coming to her house, as if everyone didn't know already." This never would've happened at a Martha Stewart-hosted fundraiser.

There's no place for children in the Swift life

Taylor Swift might have gone off the whole idea of having kids, and it's apparently all the paparazzi's fault. "I don't know if I'll have kids," she tells InStyle. "It's impossible not to picture certain scenarios and how you would try to convince them that they have a normal life when, inevitably, there will be strange men pointing giant cameras at them from the time they are babies." I'm guessing she's seen the kind of emotional toll that lifestyle has taken on her cat, Olivia Benson. And I mean, it makes sense, if she's not even willing to leave her cats at home when she goes out.

Taylor Swift

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Cannon erases his traces of Mariah

STARGAZING
Malene Arpe
scene@metronews.ca

Nick Cannon covers up his "Mariah" back tattoo with a hideous crucifixion/angel-wing mash-up. It symbolizes his religious faith and new beginnings and also serves as a constant reminder that tattooing someone's name across your back in massive letters is a sure way to end up with a hideous crucifixion/angel-wing mash-up.

This Week in Braids: 1) Willie Nelson's braids sold for $37,000 at auction. 2) One Direction's Harry Styles has started French-braiding his hair. 3) Swedish TV eliminates some very offensive language before rerunning the iconic Pippi Longstocking series.

It sounded like Mariah Carey was very angry when, while performing live in Japan, she changed the lyrics to an old song and sang "I know you cheated mother-bleeper." "Whatever," said Nick Cannon, "Angel-wing-Jesus-terror will protect me."

This Week in Television Announcements: 1) Everyone gets really excited when it's announced that Twin Peaks is returning. 2) John Cusack and Cameron Crowe get really upset when NBC announces a Say Anything TV show. 3) No one realizes Dallas is still on when it's announced the show has been cancelled.

Amanda Bynes

Bynes back in L.A. for mental health help

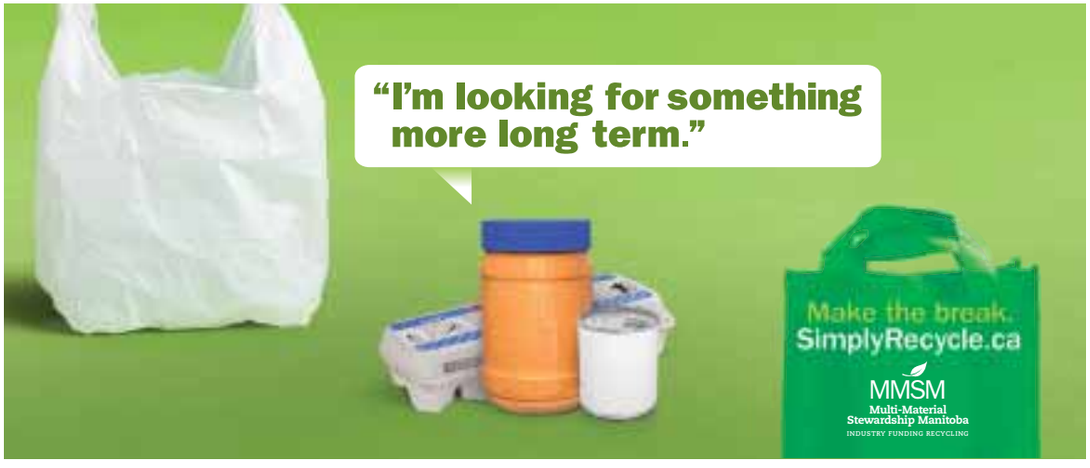
Amanda Bynes is back on the west coast and back in treatment. According to TMZ, the former All That star returned to L.A. over the weekend and has been admitted to the Las Encinas mental health facility in Pasadena. "Amanda agreed to come back to Los Angeles. Her parents are hopeful she will now get the help she needs," a source says. It is expected that her parents will return to court this week to request a reinstatement of their conservatorship, which expired in August.

Twitter

@Rosie
All roads lead to Joni Mitchell

@Real_Liam_Payne
I have a cold :(Owwwwwww

@lenadunham
Life is too short for me not to have sooo many puppies, right?



Health care's digital evolution

Trends. These are five ways in which the face of medicine may change in the future

EVA KIS
Metro in New York City

As health care goes digital, it may become possible to do an ultrasound from the comfort of your own home. ISTOCK

The field of medicine is beginning to resemble Silicon Valley, says Unity Stokes, president of StartUp Health — an organization that provides coaching to startup health entrepreneurs.

"We believe that it's going to be the entrepreneurs, innovators, the doctopreneurs that are going to reinvent health care," he says.

Driving the rise of small companies in the medical field is the end of one-size-fits-all treatments.

"I think for many years, people have been binned into broad categories," says Stokes. "But now, new technologies are enabling us to really be treated as individuals, to understand your health on a personal level."

Digital assistants — apps, wearable gadgets and smart devices such as Vessyl — are loaded with more and more personal data, quantifying steps, heart rate and hours slept.

These technologies are giving people a more complete picture of their well-being — and changing doctors' role. Stokes gives us a preview of the trends in health care.

At-home diagnostics

"I think our concept of what a hospital is will completely change over the coming decade. You'll start to see a lot more care being done in your home. Imagine being able to do an ultrasound from your iPhone or your tablet right from the comfort of your own home, and then beam that image to your doctor," Stokes says, adding that accessing your health information should be as easy as getting a car with Uber.

Truly preventive medicine

"We're seeing the cost for consumer genomics come down," says Stokes.

Hundreds of medical issues have been tied to genetic abnormalities, and being able to understand your DNA and how it may impact the conditions you're at risk of developing can shape your behaviour, including whether you should seek testing sooner than the recommended age.

Looking inside for answers

Besides genome mapping, another important area of focus will be to decipher our personal microbiomes to "understand what's going on in the ecosystem inside of you," says Stokes.

Gut bacteria, whether they're absent or the wrong strain, have been tied to health issues including mood disorders and obesity. Scientists are looking at how food and sleep influence these colonies and the extent of their health effects.

Wearables are just the start

Health reflects lifestyle, and objective data on nutrition, sleep and exercise is crucial for an accurate profile.

"We're going to start to see health and wellness being integrated into every aspect of our lives, oftentimes in invisible ways, whether that's designed into your refrigerator, your car seat or your phone," says Stokes.

Better habits by design

Innovation is not always about making something new but rethinking what we're already using.

"(Engineers) can start with simple design: How is a refrigerator designed to make sure you eat the healthiest foods first? And then you can do all sorts of high-tech things: Put sensors in there to track what you're eating and how frequently, and correlate that with how you're feeling and how you're sleeping every day."

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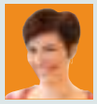
You say potato, we say make sure it's stuffed with a hearty filling

Health Solutions

There is no one-size-fits-all potato



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Potatoes get a raw deal. They are a delicious and nourishing vegetable, and yet they get lumped in with all the "bad carbs."

Loaded with potassium and fibre, among other key stress-fighting nutrients, they also contain lysine, which is an important amino acid missing from many grains — and therefore missing from some vegetarian diets.

Different potato varieties behave differently with each cooking method, so I went to the expert, Trevor Downey, a fourth-generation potato farmer from Ontario and the president of Downey Farms and Bistro Fresh, to find out what's what.

"Methods of cooking make proteins and starches behave differently; some need dry heat, others water," he says.

"Some are made to fall apart into a creamy mash, others you want to hold together in a pot of water. The right potato looks lovely and has just the right push back against the fork when roasted in the oven."

Here is your cheat sheet:

- Yukon Gold is best for mashing.
- Small red potatoes are excellent for roasting.
- Russet potatoes are the only answer for baking.
- White potatoes are the most firm for boiling.

Using the right potato for the right job makes your job easier. There is no one-size-fits-all potato, but they all have more potassium and much less sugar than that banana you keep hearing about. No need to be afraid of potatoes anymore.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Chili Stuffed Baked Russet Potato. As the temperatures begin to dip a little bit, warm up with this delicious and filling dish

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

Nothing says hearty fall meal like baked potatoes and chili. This version is lean, filling and perfect for a quick weeknight meal that tastes like it took longer than it did!

Both parts can be made ahead and stored in the fridge for up to five days, which makes it perfect for doubling and therefore making it your "eat in front of the game" meal.

A simple microwave warming and mixing together is all you will need ... plus a cold beer.

metro AR This recipe takes about 30 minutes to make and serves four. Scan this picture using your Metro News app to see a video of Theresa learning all about the wide range of potatoes and which ones are best suited for your favourite dishes. THERESA ALBERT

Ingredients

- 4 small russet potatoes
- 1 tsp extra virgin olive oil
- 1 onion, chopped
- 1/2 lb ground turkey
- 1 tbsp chili powder
- 1 teaspoon cumin
- 2 cups tomato sauce
- 1 can kidney beans, drained
- 4 oz blue cheese, crumbled

1. Scrub the small russet potatoes clean and then poke them with a knife in four places.

2. Place potatoes on tin foil-lined baking sheet and then place into a 400 F oven for 30 minutes. (If the potatoes are larger, you may need to cook them longer.)

3. In a large pot, brown the chopped onion in the extra virgin olive oil and stir in the ground turkey. Cook through for 10 minutes, stir in the chili powder, cumin and tomato sauce.

4. Cover and cook the chili for about 10 minutes and then stir in the kidney beans.

5. When the potatoes are soft, take out of the oven and allow to cool slightly then cut a crosswise slit in the centre of each one and squeeze the sides. Top each potato with chili and blue cheese. Serve with a salad.

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This recipe serves six. NEWS CANADA

Add a new comfort dish to your dinner repertoire

Potatoes play sidekick to sausage in this dish in which kolbassa pieces are the main ingredient.

The simple, Garlicky Potato and Kolbassa Skillet dinner is sure to become a new family favourite and a dish you will add to your list of go-to comfort food.

1. Warm the oil in a large skillet over medium high heat. Add the onions and cook for about 3 minutes; add garlic and cook for one minute.

2. Add the potatoes. Stir to coat the potatoes with oil and season generously with salt and pepper. Cover with lid and cook for 5 minutes.

3. Add kolbassa and stir. Cover again and cook for 3-4 more minutes.

4. Once the potatoes are almost soft, add the roasted peppers and corn. Stir and continue cooking uncovered for 3-4 minutes. Taste and adjust seasonings as desired.

5. Sprinkle with parsley before serving.

NEWS CANADA/ PILLER'S

Ingredients

- 15 ml (1 tbsp) olive oil
- 1 small onion, diced
- 3 garlic cloves, minced
- 2 large Yukon potatoes, diced into 1 cm (1/2-inch) pieces
- 1 pkg. 375g Piller's Kolbassa or 300g Piller's Simply Free Kolbassa halved lengthwise and thinly sliced
- 250 ml (1 cup) frozen, canned, or fresh corn kernels
- 125 ml (1/2 cup) roasted red or yellow peppers, chopped
- Sea salt and freshly ground pepper, to taste
- 30 ml (2 tbsp) Italian parsley, chopped

NHL

Briere breaks tie as Avs top Bruins

The Colorado Avalanche haven't showed much scoring prowess so far.

That didn't matter after Daniel Briere beat the clock for their first win of the season.

Briere scored off a rebound with less than a second left in the third period to lift the Avalanche to a 2-1 win over the Boston Bruins on Monday in a matchup of two teams struggling offensively.

"Hopefully there are many more to come, but it's certainly a good feeling to find a loose puck like that late in the game and get a big win especially after the start that we had," Briere said. "It's been a little bit of a roller coaster to start the season, but we are hoping this game will get us on our way."

THE ASSOCIATED PRESS

NHL

Karlsson leads Ducks past Sabres

Rookie William Karlsson scored the first two goals of his career in leading the Anaheim Ducks to a 5-1 victory over the winless Buffalo Sabres on Monday afternoon.

Ryan Kesler scored on a third-period penalty shot and Corey Perry and Matt Beleskey had a goal each during a one-sided game in which Anaheim outshot the Sabres 44-12.

The Ducks (2-1) were so dominant — and Sabres so inept — that Anaheim was outshooting Buffalo 40-10 when Kesler beat goalie Michal Neuvirth with a low shot inside the left post with 7:35 remaining.

THE ASSOCIATED PRESS

MLB

Post-season postponed in K.C.

The last two times the Kansas City Royals played a post-season game at home, rain fell after the final out. This time, it started well before the first pitch.

Game 3 of the ALCS between the Royals and Baltimore Orioles was postponed Monday because of rain. The game was rescheduled for Tuesday.

Along with steady rain, wind gusts of 25 mph were buffeting the ballpark.

THE ASSOCIATED PRESS

Bombers brought to knees by Esks

CFL. Sluggish offence and penalties result in blowout loss for now-desperate Winnipeg

Edmonton's Almondo Sewell sacks Bombers quarterback Drew Willy on Monday afternoon at Commonwealth Stadium. Winnipeg's offence was minus-one yard in the first quarter and never got much better throughout the 41-9 loss.
JASON FRANSON/THE CANADIAN PRESS

It was one of those games where they could have just shaken hands at the half.

Mike Reilly ran in a pair of quarterback keepers as the Edmonton Eskimos secured a playoff spot, destroying the Winnipeg Blue Bombers 41-9 on Monday.

The Blue Bombers lost their sixth straight and seventh of their last eight games to fall to 6-9 after a 5-1 start to the season.

"It was a horrible feeling getting down that bad," said Bombers slotback Nick Moore. "We've had a lot of tough games and close games that we have lost. I don't really know what has happened."

Winnipeg head coach Mike O'Shea said his team was simply slow off the start, and ended up in a precarious position as a result.

"I felt that we didn't have the right stuff, the right plan," he said.

"The players are frustrated enough to try and make a change. They understand that these are all must-win games for us now. We have to win our next three."

With the win, the Eskimos improved to 10-5, the 38th 10-plus win season in franchise history.

Reilly said it was nice to get the playoff berth locked down, although it is a home date that the squad is really seeking.

"It was one of our goals, for sure, so we've achieved that. But there's a lot of goals left on that board as well and next week now becomes an even bigger game and they're all just going to continue to be like that the rest of the year," he said. "We're happy that we clinched, but that's not where the goals for our season end. We've got a lot of work left to do, but it's a lot better feeling than it was about a year ago around here."

Week 16

Eskimos	Blue Bombers
41	9

The Eskimos led 37-0 at the half and head coach Chris Jones said it was a fine line between continuing to work on what the team needs to improve and running up the score.

"We weren't ever trying to run up the score and embarrass an opponent. Especially Mike O'Shea, he's a good friend of mine," he said.

Edmonton had 217 yards in net offence and 20 first downs to Winnipeg's 27 yards and two first downs in the opening half.

Blue Bombers starting quarterback Drew Willy did not return for the second half as the Bombers QB was listed as having an upper-body injury. Brian Brohm came in as his replacement.

"We just went out there in the second half and had to play like it was 0-0," Brohm said. "We had to play our game and keep fighting. We had to play for pride. I think we did a better job doing that, playing hard in the second half. We just didn't have it for the win."

The Blue Bombers return home to entertain the Calgary Stampeders on Saturday.

THE CANADIAN PRESS

metro AR CFL legend Anthony Calvillo poses with his No. 13 as his number was honoured by the Alouettes before Monday's game against the Roughriders in Montreal. The Los Angeles native retired after the 2013 season having obtained virtually every major passing record over 20 seasons in the league. Scan the image with your Metro News app for a roundup of the weekend's CFL action. GRAHAM HUGHES/THE CANADIAN PRESS

O'Shea shaken down

"I thought we were out-coached in the first half. In all three phases, it seemed like nothing we were doing offensively was working."

Bombers head coach Mike O'Shea

4 SPORTS

Young, skilful and lightning fast

Nathan Mackinnon.
Colorado's 19-year-old prodigy passes, scores and, boy, can he skate

Colorado Avalanche centre Nathan MacKinnon at a first-round playoff game in Denver, in April. The NHL's 2013-2014 rookie of the year is now mentioned among the league's fastest skaters. JACK DEMPSEY/THE ASSOCIATED PRESS FILE

Ask players around the league who's the fastest skater in the NHL and the same names come up: Taylor Hall, Michael Grabner, Blake Wheeler, Andrew Cogliano and Carl Hagelin.

Edmonton's Hall likes the speed of New York Islanders' Grabner, but he mentions another player without hesitation.

"Nathan MacKinnon," Hall said of the young Colorado Avalanche player.

"When we played against him last year, he took off at one point during the game and I'd never seen anything like that."

MacKinnon, last year's Calder Trophy winner as rookie of the year with 24 goals and 39 assists, might be the best combination of speed and skill since Pavel Bure.

Hall believes if he raced against MacKinnon and Grabner, which could happen at the All-Star skills competition in Columbus in January, the 19-year-old budding Avalanche star would win.

But Colorado captain Gabriel Landeskog pointed out another aspect of MacKinnon's speed that makes him so dangerous.

"I'd go another step and say he's the fastest skater in the league with the puck," Landeskog said. "It's easy to be fast without the puck, but when you have the puck, it's a completely different thing. That's what Nate does so well."

Landeskog spent his first three NHL seasons playing with former Avalanche centre Paul Stastny, who is now with the St. Louis Blues. Landeskog said Stastny is adept at slowing the game down to make plays, but what MacKinnon does so well is think and play the game at full speed.

"That's what the best players do," Landeskog said. "They're a step ahead and I think when it comes to Nate, when you're able to move at a high pace and stickhandle at the same time and make moves at the same time, that's when it's hard on defencemen."

MacKinnon, who will face the Toronto Maple Leafs on Tuesday at the Air Canada Centre, isn't eager to dissect his own game. But he knows he needs quick speed bursts to be successful.

"Obviously, I think my speed is my biggest strength." he said. "I think when you get the puck you're always so excited, you have a little extra jump in your step."

THE ASSOCIATED PRESS

Olympic level

Speedskater no match

Nathan MacKinnon showed his speed when he raced against Canadian gold-medal speedskater Charles Hamelin in a promotional skate video. In the 50-foot race from blue line to blue line, MacKinnon beat Hamelin with a time of 2.5 seconds.

In past skills competitions, players have raced a lap around the outside of the rink. Mike Gartner set the record of 13.386 seconds in 1996, which Carl Hagelin of the New York Rangers broke (13.218) at the last event in Ottawa in 2012.

MacKinnon, Taylor Hall and Michael Grabner could challenge that in a few months. But MacKinnon says speed with the puck is what matters.

"In the game, though, it's always different," he said. THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Some people will seem more demanding than usual over the next 24 hours, but that's okay. You are willing and able to respond to their needs and that will help your reputation.

♉ Taurus
April 21 - May 21
A number of serious matters will have to be dealt with later in the week but today you can relax and enjoy the good things in life.

♊ Gemini
May 22 - June 21
Your enthusiasm for a project will reach new heights today but don't just throw yourself at it in one mad rush. A little bit of planning now will lead to huge benefits later.

♋ Cancer
June 22 - July 23
The best way to solve a relationship issue is not to issue ultimatums but to show a genuine interest in why the object of your affection seems so negative at the moment.

♌ Leo
July 24 - Aug. 23
You may still be anxious about certain issues but with Jupiter in your sign linked to values planet Venus today, it will all come good in the end.

♍ Virgo
Aug. 24 - Sept. 23
Refuse to be hurried today. The more others try to move you along, the more you should dig in your heels and demand to know why they are in such a rush.

♎ Libra
Sept. 24 - Oct. 23
Today's Venus-Jupiter link indicates that the setbacks of recent weeks will soon be a thing of the past. This is a time when even small efforts can yield amazing results.

♏ Scorpio
Oct. 24 - Nov. 22
Just over a week from now, a new solar year begins for you, so make sure your head and your heart are in a good place.

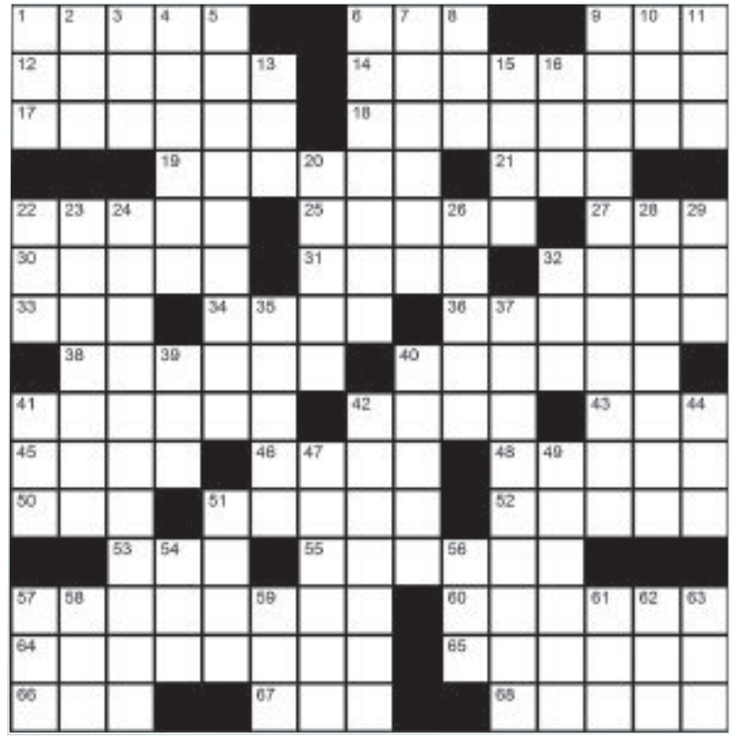
♐ Sagittarius
Nov. 23 - Dec. 21
You may have strong opinions about serious issues but you don't have to be aggressive about them. You will accomplish much more if you talk and act nice.

♑ Capricorn
Dec. 22 - Jan. 20
It may be true that much of what you do in life depends on other people, but there are still many things over which you have total control. Be positive and smile often.

♒ Aquarius
Jan. 21 - Feb. 19
You should be wonderfully happy today. This is one of the best times of the year for you but it won't last much longer, so cheer up and love your life.

♓ Pisces
Feb. 20 - March 20
Financial security may be uppermost in your mind but there are other things to consider, such as how much extra work you will have to do for that extra cash you need.

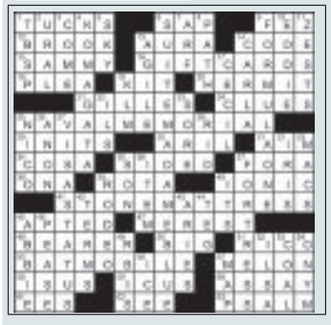
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Classical composer, Louis __
6. Hesitant sounds
9. Literary fairy queen
12. "__ __ __ not..." - Hamlet
14. Baker's flaky creation: 2 wds.
17. Montreal retailer since 1866
18. The Band Perry tune that goes "We scratched our names in that oak tree..."
19. Ending
21. Edm. footballer
22. Greyish
25. Alpine dry wind
27. Poke fun
30. Stock
31. L'__-Verte, Que.
32. Road type
33. Equivalence
34. Desert-like
36. Ms Christie
38. Comedy's Allen
40. Air-passage surgery, briefly
41. Greek Myth: Winds god
42. Actual
43. Auction ware
45. Hip spelling for a hip chick
46. Ms. Brockovich
48. Bandleader Shaw
50. Winding shape
51. Clumsy
52. Hereditary social class
53. US airport screening org.
55. Postulates
57. Wins bigtime
60. Onion choppers
64. "Disco//Very" indie rockers from L.A.
65. Uncommon
66. 1913 song: "Peg _' __ Heart"
67. 'Sulf' suffix
68. Pond buildup

Down
1. Pou __ (Vantage point)
2. 1990s fad game disc
3. Kimono belt
4. Canadian actress Tricia
5. Calin __, Air Canada CEO
6. "__ __ & Personal"
7. 1963 Tommy Tucker tune: "__-__ Sneakers"
8. Splash! __ lion
9. The government overturned RCMP's decision to wear wool tuques instead of these in winter: 2 wds.
10. ___ rule (Most often)
11. Texter's "I meant to mention..."
13. Rembrandt van __ (Famous Dutch painter, variantly)
15. Hundred: Spanish
16. Clinic pros
20. Beatles: "So I lit ____ / Isn't it good / Norwegian wood."
22. Naja Haje
23. Pros who prep homes for showings
24. American __ __: Freak Show, on FX
26. Supremes' "I __ _ Symphony"
28. Acquire
29. Maude portrayer
32. Lake: French
35. Iron: German
37. Number Six was #4-Down's role on series Battlestar __
39. Entire
40. Camp abodes
41. Stone __
42. Retort
44. Golfing item
47. Atone
49. Prankster
51. Collector's suffix
54. Dinner, informally
56. Egos and __
57. "The Ring __"
58. Bash
59. Spy letters
61. Energy unit
62. TV brand
63. Determine

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4		1				5		
	3	2		8	9	1		
	8		1		3		9	
2	1		3				5	
			8	2	7			
	6				1		2	7
	2		6		4		1	
		6	9	7		8	3	
		3				6		5

Friday's Sudoku

1	4	3	5	8	7	9	2	6
9	6	7	3	4	2	8	5	1
8	2	5	9	6	1	3	7	4
2	3	9	4	5	6	7	1	8
4	7	8	1	2	3	5	6	9
6	5	1	8	7	9	2	4	3
5	8	6	7	3	4	1	9	2
7	1	4	2	9	8	6	3	5
3	9	2	6	1	5	4	8	7

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